



# South Fulton News You Can Use

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## Struggling to Keep New Year's Resolutions? South Fulton Can Help.

By [Darius Goodman](#)

With turkey, ham and various other delicacies placed away for the year, New Year's resolutions come to the forefront of thought this time of year.

Specifically, health-related resolutions waver in the latter part of January. From getting back into a routine of getting into an office and being sedentary to just the simple eating out every day during lunch can throw the resolution to be healthier out the window.

To help keep people on track, the City of South Fulton Parks, Recreation and Cultural Affairs department has some ideas on how to keep a healthy resolution and information on how facilities around the city keep visitors safe.

"Some simple things people can do from their work desks to keep their resolutions going is by utilizing a resistance band," said Quinton Nelson, Welcome All park's recreation center assistant supervisor. "They are lightweight, easy to transport and provide multiple options for exercise anywhere. Some of the exercises include seated shoulder press, seated curls, seated lat pulldowns and seated chest press."

Nelson continued to add that exercises like jumping jacks, walking high knees and squats also have benefits. Each of those three exercises help improve cardiovascular endurance, muscular strength and flexibility.

If you find yourself free on a weekend and can't make it out to the local gym, Welcome All Park is available during the cold weather months. The park offers an indoor heated pool, walking track and fitness center available for people who wish to maintain or reach fitness goals during the cold season.

The facilities even ensure that residents remain safe. Temperature checks are required to enter the building and visitors are asked to wear a mask while indoors until they leave. There are also hand sanitization stations inside to mitigate the spread of COVID-19.